

December

2025

Highland Senior Center

Department of Senior Affairs

131 Monroe NE Albuquerque, NM 87108

505-767-5210

Message from Director of the Department of Senior Affairs

Hello Cold Weather!

Another year is almost over, and what a year 2025 has been! From celebrating Los Volcanes Senior Center's 35th Anniversary to hosting another successful Barelvas Senior Center Fiesta, the Department of Senior Affairs has stayed busy!

This year, Senior Affairs saw its' Foster Grandparent Program honored with the "Program of Merit" award from Generations United; partnered with AARP Tax Service to transmit almost 6,000 federal returns and nearly as many state returns; began several new renovation projects across the Senior and Multigenerational Centers; provided students enrolled in the City of Albuquerque's Job Mentor Program valuable hands-on experience supporting older adults in the community; and launched our new EngAGE campaign!

The year of 2026 has more in store for you to remain engaged and be on the lookout for our annual survey to gather your thoughts and suggestions on our programs and services.

Wishing you all love and comfort through the holidays to come.

Hours of Operation

Monday - Friday

8:00am - 5:00pm

Wednesday

8:00am - 7:00pm

Saturday

10:00am - 4:00pm

Highland Staff

Chris Rogers
Manager

Michelle Padilla
Program Coordinator

Gloria Ortiz
Office Assistant

Julian Davalos
Program Assistant

Beverly Manuelito
Program Assistant

Mike Berry
General Service

Richard Tucker
Cook/Chef

Sincerely,
Anna Sanchez, Director
Department of Senior Affairs



Anna Sanchez, Director

www.cabq.gov/seniors



Chris Rogers
Senior
Center Manager

For details on holiday and seasonal events, visit www.cabq.gov/seniors and click the 'Senior Affairs Events' tab on the left.

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ncoa
National Council on Aging

New groups/classes & CABQ Events

Highland Folksong Circle Group

Highland Senior Center is excited to introduce a new offering this
December: The Folksong Circle!

Join us every Wednesday at 1:00 p.m. Sessions run from 1:00 to 2:30 pm
in Room 7 for an informal, joy-filled sing-along of your favorite folk
tunes. Michele Buchanan will be hosting—just drop in and sing your
troubles away!

Bring your copy of Rise Up Singing if you have one or simply come ready
to sing from the heart.
every Wednesday.

And remember... "The answer is blowin' in the wind!"



Free Tech Help: December!

Albuquerque

Wed, December 3 @ 3:00-5:00p

Palo Duro Senior Center

Fri, December 12 @ 1:00-3:00p

North Valley Senior Center

Fri, December 5 @ 3:00-5:00p

Bear Canyon Senior Center

Wed, December 17 @ 3:00-5:00p

Highland Senior Center

Thurs, December 12 @ 3:00-5:00p

Los Volcanes Senior Center

Tues, December 23 @ 1:00-3:00p

Manzano Mesa Ctr.

RSVP with your center above, or contact Teeniors: (505) 600-1297 | teeniors@gmail.com.
All are welcome - there are no stupid questions! Open and free to all!



Events and Important information at Highland Senior Center



Get Ready for the Holidays – 11 Dances in 1 Hour and 11 Minutes!



 **When: Saturday, December 6, 2025**

 **Time: 1:00–2:15 p.m.**

 **Where: Highland Senior Center
Social Hall**

**\$ Suggested Donation: \$5 per
person**

**Come dance, smile, and get ready to
step into the holidays in style!**

HALLOWEEN DANCE PARTY

A huge shout-out to Beth and DJ Dom for hosting the spooktacular Halloween Dance Party! Beth unleashed her amazing dance moves while Dom spun an electrifying Halloween mix! Beverly crafted incredible custom prizes for the top three winners! It was an outstanding gathering filled with food, fun, and fantastic frights!



Highland On-Going Activities

Monday

8:00am-12:00pm Flea Market
 8:00am-4:30pm FITNESS CENTER
 9:00am-10:00am Aerobics
 9:15am-11:00am Veteran's Gathering
 10:00am-11:30am Gathering of Artists
 10:15am-11:15am Gentle Exercise
 1:30pm-2:30pm Meditation

Tuesday

8:00am - 4:30pm FITNESS CENTER
 8:15am-9:15am Flex & Tone
 9:30am-12:00pm Watercolor
 10:30am-11:30am Energy Yoga
 10:00am-11:00am Partner Dance Class
 10:00am-12:00pm Mahjong
 12:30pm-4:30pm AARP Smart Driver Class
(every 1st Tuesday of the month)
 1:00pm-3:00pm Conversation Spanish
 1:00pm-3:00pm Senior Citizen's Law Office
(3rd Tues. of every other month)
 2:00pm-3:30pm Intermediate Line Dancing
 2:00pm-4:00pm Rainbow Artists *(every 3rd of month)*

Wednesday

8:00am - 6:30pm FITNESS CENTER
 8:30am-12:30pm GEHM Clinic
(every 1st Wednesday of the month)
 9:00am-10:00am Exercise to Music
 9:00am-12:00pm Senior Law Office
(1st Wed. of every other month)
 10:15am-11:15am Gentle Exercise
 10:00am-12:00pm Highland Harmonizers
 1:00pm-3:30pm Knitting & Crocheting
 2:00pm-3:30pm Beginning Line Dancing
 4:30pm-6:30pm Beginning Ukulele

Thursday

8:00am - 4:30pm FITNESS CENTER
 8:15am-9:15am Flex & Tone
 10:00am-12:00pm American Mahjong
 10:30am-11:30am Tai Chi
 2:00pm-4:00pm Senior LGBT Meeting
(2nd Thursday of the month)
 2:30pm-4:30pm ORCA Game Time
(Every 1st & 3rd Thurs. of the month)

Friday

8:00am - 4:30pm FITNESS CENTER
 9:00am-10:00am Exercise to Music
 9:30am-11:30am Rosemalers
 10:15am-11:15am Gentle Exercise

Saturday

10:00am - 3:30pm FITNESS CENTER
 10:30am-12:00pm Improver Line Dancing
 1:30pm-3:30pm Music Jam Session
(Every 2nd Sat. of the month)

Please see
 our bulletin
 board for
 details about
 on-going
 classes

Department Participant Code of Conduct

Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience.

This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited.
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

HOT LUNCH MENU

RESERVATIONS MUST BE MADE BY 1:00 PM THE DAY BEFORE.
FEEL FREE TO VISIT US OR CALL 505-767-5210.



DECEMBER



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak 4oz Green Chile Gravy 2oz Corn 4oz Mashed Potatoes 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	2 Chicken Tetrassini 4oz Brussel Sprouts 4oz Italian Blend 4oz Breadstick 1ea Diced Peaches 4oz 1% Milk 8oz	3 Turkey 3oz Brown Rice 3oz Gravy 1oz Green Beans 4oz Cauliflower w/ Peppers 4oz Applesauce 4oz 1% Milk 8oz	4 Spaghetti 4oz Spinach 4oz Oriental Blend 4oz Breadstick 4oz Mixed Fruit Cup 4oz 1% Milk 8oz	5 Diced Pork 3oz Gravy 2oz Roasted Asparagus 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
8 Asian Beef 3oz Stir Fry Vegetables 3oz Carrots 4oz Brown Rice 4oz Fortune Cookies 4oz 1% Milk 8oz	9 Lemon Pepper Tilapia 3oz Tarter Sauce 1pc Corn & Edamame 4oz Broccoli 4oz Dinner Roll 1ea Margarine 1pc Orange 1ea 1% Milk 8oz	10 Pork Tamales 2ea Red Chile 1oz Pinto Beans 4oz Calabacitas 4oz Chocolate Pudding 4oz 1% Milk 8oz	11 Cheese Omelet 4oz Peppers & Onions 2oz Tater Tots 4oz Spinach 4oz Applesauce 4oz 1% Milk 8oz 	12 BBQ Chicken 5oz Mashed Potatoes 4oz Diced Beets 4oz Mixed Fruit 4oz 1% Milk 8oz
15 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Jell-O 4oz 1% Milk 8oz	16 Beef & Diced Potatoes 4oz Bell Peppers/Onions/ 4oz Celery 3oz Stewed Tomatoes 4oz Cornbread 4oz Pear 4oz 1% Milk 8oz	17 Chicken Posole 3oz Green Chile 2oz Succotash 4oz Normandy Blend 4oz Cantaloupe 4oz 1% Milk 8oz	18 Macaroni & Broccoli 4oz Edamame 4oz Dinner Roll 1ea Margarine 1pc Warm Pears 4oz 1% Milk 8oz	19 Beef Tex Mex Chili 4oz Red Chile 2oz Pinto Beans 4oz Green Beans 4oz Tortilla 2ea Vanilla Pudding 1ea 1% Milk 8oz
22 Green Chile 4oz Cheeseburger 1ea Diced Beets 4oz Carrots 4oz Yogurt 4oz 1% Milk 8oz	23 Cajun Baked Chicken 4oz Rice Pilaf 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	24 Ham 3oz Pineapple Glaze 2oz Sweet Potato Mash 4oz Normandy Blend 4oz Holiday Cookie 1ea 1% Milk 8oz	CLOSED 25 	26 Chicken Tamale 2ea Green Chile 1oz Pinto Beans 4oz Calabacitas 4oz Applesauce 1ea 1% Milk 8oz
29 Beef Enchilada 4oz Red Chile 1oz Pinto Beans 4oz Succotash 4oz Diced Pears 1ea 1% Milk 8oz	30 Asian Diced Pork 3oz Peppers 2oz Rice Pilaf 4oz Oriental Veggie Blend 4oz Fortune Cookie 1ea 1% Milk 8oz	31 Chicken Fajitas 3oz Fajita Veggie Blend 4oz Spinach w/ Mushrooms 4oz Ranch Beans 4oz Tortilla 2ea Pudding 4oz 1% Milk 8oz	CLOSED 1 	2 Beef Tips Over Pasta 3oz Gravy 2oz Peas & Carrots 4oz Diced Beets 4oz Brownies 4oz 1% Milk 8oz